



**MMM COLLEGE OF
HEALTH SCIENCES**

MMM COLLEGE OF HEALTH SCIENCES

A Unit of the Madras Medical Mission

**CHS GAZETTE
VOL II ISSUE 3
JULY - SEPTEMBER 2016**

UPCOMING EVENTS

OCTOBER

**Model Exams
PG Examination
ACE**

NOVEMBER

**Inauguration of Sports Club
ACE**

DECEMBER

**Christmas Celebration
Model Exams
Holidays**

CONFERENCES ATTENDED

- All PG students of MLT attended the one day conference by MMM Genetics Meeting – 2016 A Symposium on Genetics in OBG practice: Diagnosis to therapeutics on 10th September 2016
- All UG students attended the three day ACT conference in MMM FROM 13th August to 15th August conducted by ICVD



From the Principal's Desk.

• Dear Students,

• This season of the year marks the BEGINNING for many reasons. The freshers are already here and may be nervous about navigating their way around campus and adjusting to a new environment. It doesn't take long to get into your routine or settle into your course. My advice is to be positive and hold the start of the New Year. Set yourself some goals and enjoy your time on campus, and remember to ask questions if you need help. This season also marks harvest season in our country.

• Harvest festivals typically feature feasting, both family and public, with foods that are drawn from crops that come to maturity around the time of the festival. In the Indian culture, there was a time when there used to be a festival every day of the year – 365 festivals in a year – because a festival is a tool to bring life to a state of cheerfulness and enthusiasm. If today was ploughing day, it was a kind of celebration. Tomorrow as planting day, another kind of celebration. But over the time, we have not been able to celebrate every day either due to poverty or due to lack of time. People are satisfied if they just get some simple food to eat. Nowadays, unfortunately, a festival means that you get a holiday, wake up very late, then you eat a lot, go for a movie or be with your gadgets. So my message to all youngsters is to live in present, live manually, interact with people around to understand them better. Have a happy learning...

Dr. Deepa C. Philip

AWARENESS WALK ON ORGAN DONATION

As part of the NSS activity, MMMCHS, Lions club & Mohan foundation jointly organized an awareness walk campaign (3 kms) towards world organ donation day on 13th Aug 2016 at Marina Beach in which more than 30 students actively participated with placards, posters and banners and also distributed pamphlets on the importance on the organ donation



Freshers Day

Madras Medical Mission College of Health Sciences celebrated “Fresher’s Day 2016” on 7th September 2016 in Madras Medical Mission. The Chief Guest Mr. M Ravi I.P.S, Chief Vigilance Officer, Aavin (Corporate Office) , TCMPF, Chennai , Inaugurated the Fresher’s Day by lighting the Lamp. First admitted candidate of this academic year 2016 batch Ms. Jerisha of B.Sc CPPT lit the lamp along with the guests. In his special message to the Freshers, Mr. M.Ravi I.P.S encouraged students to love humanity and serve people through their profession. Since the medical profession is high in demand it is expensive to afford by all, the Allied Health Science students have chosen a right field to fill the gap. He emphasized that “Health is wealth” and to Be Sincere, committed and focused in the chosen career.

Mr. Cherian Abraham Hon’y Treasurer MMM, wished the fresher’s to serve their best to all section of the society. Madras Medical Mission is not only in to the healing mission it also empowers and educates health care professionals since the Allied Health Science courses are ever demanding.



Independence Day

Independence Day was celebrated in MMCHS campus on 15th August 2016. Ms. U. Vasuki, CPI(M) member and Vice President AIDWA was the chief guest, she hoisted the tricolor and presided over various cultural programs by students. In her advice to students she reiterated that there should be gender equality and there should be no cast, creed or religious differences and everyone should contribute towards promoting equality. She also emphasized the need to empower women in all aspects

COLLEGE ASSEMBLY

The ACE program was conducted on 15th July 2016 in MMM Auditorium. Dr. Sreeja Pavithran presented a seminar on “Congenital Heart Disease.

There was also a special session on “How to succeed interviews” for the III yr students who were about to attend the campus placement interview. Dr. Raj Mohan, founder & Director of BODHI consultancy educated students on do & don’ts in an interview.



SDC ELECTION AND INVESTITURE CEREMONY

After conduct of elections, SDC office bearers were elected and felicitated

The chief guest wished the elected office bearers of Student Development Council.

He advised them to be honest and helpful to the people who have elected and selected them and the Investiture Ceremony was conducted for all SDC office bearers and SDC members



EYE DONATION AWARENESS CAMPAIGN

National Eye Donation day was observed on 8th September. Madras Medical Mission joined hands with Sankara Nethralaya in organizing a Human Chain programme on 1st September 2016, 10.30 am.

Mr. Feroz Khan Abdulla M, DC of Police, Anna Nagar flagged off the human chain formed by the organizers, management and students of MMM College of Health Science and MMM College of Nursing. In which 125 students and 4 Staff members of MMM College of Health Sciences actively participated holding placards on eye donation awareness.



BASIC LIFE SUPPORT PROGRAM

Students of MMMCHS were given training in basic life support by TACT Academy for clinical training. The training program was conducted for two days for wherein all the UG and PG students. At the end of the training session the students were awarded with BLS certificate

FAREWELL 2016

The farewell for III yr UG & PG students was held on 2nd July 2016. II yr students organized the farewell, cultural activities and games were conducted for the senior students.

Mr. Isaiah Johnson, HR Manager MMM was the chief guest for the day. The guest advised the outgoing students on 3Cs – Confidence, Commitment & Competency

Campus Placement

Many hospitals were invited to conduct the placement program in our campus in the month of July 2016. Hospitals like Billroth, Apollo, Bewell, Narayana Health and Astra Med city conducted campus placement sessions. Many students were placed and have received their offer letter from the above mentioned hospital



MY COLLEGE....

Poise to raise with greater heights,
MMM has proved its might
With mentors to inspire and knowledge
to acquire,
Where truth and tolerance lead the way,
Where caste and creed are kept away.

Guided by sound principles,
Committed to high ideals,
A College that's held in high esteem,
An Institute that every students dream,
Where young minds are molded and
talents are unfolded.

To gift this world , polished gems and pearls,
Where students bright and bold,
With pride and will uphold,
The motto of the College
With love and gratitude

EXCELLENCE, EXCELLENCE,
EXCELLENCE
IN ALL WE SAY.....

S.B. LAVANYA
I B Sc. DT

DO YOU KNOW???

- Human beings blink their eyes six seconds – that means we blink 250 million times in our life time (start counting.....)
- An adult person has 3,00,000 to 5,00,000 hairs on his skin (try counting.....)
- Fishes have ears but they are situated internally
- A horse sleeps in a standing position , while dolphins sleeps with one eye open
- A durango scorpion bite can kill a person within an hour
- 98% of jelly fish's body is water
- It takes 17 muscles to smile and 47 muscles to frown so why not smile? It is easier.....

WHAT IS LIFE?

A Doctor said "Life is patience"
A Lawyer said " Life is an argument"
A poor man said "Life is poverty"
A rich man said " Life is money"
A player said "Life is a game"
A Musician said "Life is a melody"
But I say "Life is still a mystery

MMMCHS STUDENTS

5 WAYS TO GET THE STAMINA TO MOVE MOUNTAINS

Sedentary lifestyles have taken a toll on our health, impacting the stamina of our body. Try these 5 highly effective ways to do so.

Stay hydrated:

Drinking adequate quantity of to maintain good stamina level and also building it gradually. Water also helps fight muscle fatigue.

Maintain a stable sleep schedule:

It is very essential to get sound sleep for 6-8 hours on a daily basis in order to keep your body fresh and increase stamina.

Follow a strict exercise regime:

Exercise is the best way to help your body build up stamina and increase energy levels.. Try and work for at least half an hour every day.

Maintain a healthy diet:

Food products rich in nutrients are bound to give a credible stamina boost to your body. Include foods in your diet that are rich sources of carbohydrates and starches, such as vegetables, fruits and lean meats. Also, eat small meals and consume them throughout the day.

Keep a positive attitude:

A positive attitude helps a lot in keeping your brain cells energetic and excited. A healthy mind is bound to keep you feeling good and healthy, thus boosting your mental stamina

Ms. M. Vanitha, Coordinator, MMM CHS

SIP TEA and STAY FIT

A sip of tea to begin the day can banish the drugs of sleep and energize you for the day ahead. and has a number of health benefits as well.

Soothes the digestive system:

Herbal tea can soothe the digestive system and aid in digestion and fight nausea.

Clearer skin:

Tea is rich in antioxidants that can detoxify the body. and fight signs of aging such as age spots, wrinkles and fine lines and prevents sun damage.

Improves heart health:

Tea is a major source of flavanoids so it improves blood vessel and endothelial function and regularizes cholesterol levels. Green tea is also said to lower the risk of heart attacks.

Weight loss:

Drinking a cup of tea instead of having a snack can temporarily fill the stomach and curb hunger pangs without any caloric gain. Oolong and green tea helps in weight loss.

Boost dental health:

Green tea without sugar or honey protects the body against gum disease and can lower the risk of oral cancer.

Reduced stress:

Tea can help reduce the amount of cortisol (causing stress) produced in the body and thus help you relax and fight stress. Lowered cortisol levels can also slow down the aging process.

Boost immunity:

Herbal tea can also help boost the functionality of the immune system. Dandelion tea is said to aid the immune system in fighting ulcers, bronchitis and pneumonia. Chamomile tea & ginseng tea encourages the production of both white blood cells and interferon.

Tea should not be had in excess. So, limit yourself to a cup or two a day.

*Ms. Senu Thomas
Coordinator, MMM CHS*

Teachers Day

Students of MMM College of Health sciences eulogized all the teaching and non teaching staff to show their gratitude and honoured them with audio visuals and gifts

EDITORIAL TEAM

Patrons:	Dr.K.Jacob, Hon. Secretary Mr.Cherien Abraham, Hon.Treasurer
Advisor:	Dr.Jacob James Raj, Senior Consultant, Cardiac Surgery
Editor-in-Chief:	Dr.Deepa Philip, Principal, MMMCHS
Editor:	V.Ashalatha, Admin Officer , MMMCHS
Technical Support:	Mr. P. Sankar, Sr. Librarian, MMM